



The Fitness Connection

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Super-Sizing May Not Be Such a Bargain For Your Waistline



Americans are getting way more than they are bargaining for as they super-size their value meals. With only a few additional cents, Americans are getting extra

calories and adding extra inches to their waistlines. This information comes from a report, *From Wallet to Waistline: The Hidden Costs of Super Sizing*, issued by the National Alliance for Nutrition and Activity (NANA), a coalition of over 225 national, state, and local health organizations. This report analyzed the price, calories, and saturated fat content of different-sized foods from a wide variety of food retail outlets and concluded that current "value-meal" marketing policies that offer more food for less money are contributing to overeating and obesity.

"Americans are constantly induced to spend a little more money to get a lot more food," says Margo Wootan, director of nutrition policy at the Center for Science in the Public Interest (CSPI). "Getting more for your money is ingrained in the American psyche. But bigger is rarely better when it comes to food."

The report cites some incredible findings:

- It costs 8 cents more to order a McDonald's Quarter Pounder with Cheese, small fries, and a small Coke separately than to order the Quarter Pounder Extra Value Meal that comes with large fries, a large Coke, and 490 extra calories!
- Going from a 3-ounce Minibon to the Classic Cinnabon only increases the price 23%, but increases the calories by 123%! In addition, this larger size gives almost three-quarters of a day's worth of saturated fat.
- Although it only costs 23% more to go from a small to a medium size popcorn (unbuttered) at the movies, it provides 125% more calories and two day's worth of saturated fat!

- Upgrading from 7-Eleven's Gulp to a Double Gulp provides 300% more calories for just 37 cents!

Additionally, the report says that the practice of "bundling" – turning a fast-food sandwich into a big meal by adding fries and a soft drink – is responsible for some of the biggest calorie gains. And soft drinks are one of the worst culprits: they are the cheapest to upgrade and provide extremely high calorie increases.

What can we do right now? "We can speak up. Say 'small,' say 'half,' and share," says Melanie Polk, RD, director of nutrition education at the American Institute for Cancer Research. "Order a small or half-size. Share that bucket of fries or bladder-bursting drink with friends. Keeping those extra cents in your wallet means keeping extra pounds off your body, and that's more important than ever," adds Polk.

This report is especially pertinent during the current epidemic of obesity that Americans are facing. Child obesity rates have doubled over the past 20 years while rates in adults have increased 60% from 1999 to 2000. In reference to super sizing, Polk comments, "As a result, we're super sizing our kids and super sizing ourselves."

The report, *"From Wallet to Waistline: The Hidden Costs of Super Sizing,"* is available online at www.cspinet.org and www.aicr.org

References:

Warner, Jennifer. Super-Sizing Blamed for Bulging Waists. *WedMD Medical News*.

The American Cancer Institute for Cancer Research. *From Wallet to Waistline*, June 18, 2002.

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Choosing a Personal Trainer



Personal trainers are not just for the rich and famous anymore. People everywhere are signing up to get individual attention while they exercise. It seems that

people everywhere are getting their personal training certificates, too. With so much to choose from, how do you know who is right for you? After all, personal trainers vary not only in education, training, and costs, but also in their personal training philosophies and in their interpersonal communication style. The experts recommend that before you commit to working with someone, you should first explore their certification. It is important to recognize that there are over 250 organizations that give certification to fitness professionals, however. So which ones can you trust? According to the experts, some of the most reputable certifying bodies are:

- American College of Sports Medicine (ACSM)
- Aerobics and Fitness Association of America (AFAA)
- American Council on Exercise (ACE)
- National Academy of Sports Medicine (NASM)
- National Strength and Conditioning Association (NSCA)
- National Strength Professionals Association (NSPA)
- The Cooper Institute

You also want to make sure that a trainer is certified in CPR and first aid. Health and safety should be a trainer's top priority.

After examining a trainer's certifications, experts recommend talking with the person. Make certain that your goals and personal objectives are well matched and that your communication styles are agreeable. You want to feel comfortable expressing your expectation and needs to your trainer. You may also want to ask a trainer the following questions:

1. Why did you become a personal trainer?

You want someone who is not only passionate about health and fitness but who is also passionate about sharing knowledge and motivating others.

2. Are you knowledgeable about current research?

You definitely want the answer to be yes! Your trainer should stay informed through conferences, workshops, and seminars to provide you with the most recent and effective information.

3. Do you have client references?

You may want to call a few of the trainer's clients to get feedback on the strengths and weaknesses of the trainer. Find out if the trainer is informative and dependable and also if the trainer explains the reasoning behind recommendations.

4. Are you insured for liability?

Trainers can protect their clients by having liability insurance to protect their services against property loss and personal injury.

5. When are you available?

You need to know if the trainer can accommodate your schedule. After all, the point of personal training is to get motivation and guidance when you need it!

6. How much do you charge?

Fees can vary greatly from \$20 to \$200 per hour, so make sure to find someone who fits within your budget. Make sure to ask about any additional fees and if the rates include the use of a health club.

Remember with all the personal trainers out there, you can afford to shop around until you find one that fits with all your needs!

References:

Fillon, Mike. "Personal Trainers Get Results, But They Don't Work Cheap. Individual Supervision Can Benefit Both Young and Old." WebMD Medical News, June 19, 2000.

Tackett, Chad. How to Choose a Personal Trainer. Retrieved June 24, 2002 from www.walking.about.com

MacReady, Norra. "A Good Personal Trainer is More Than a Buff Bod. Education, Communication Critical for an Effective Teacher-Client Relationship." WebMD Medical News, August 29, 2000.

South Carolina Governor's Council on Physical Fitness

"Promoting health and the well-being of South Carolinians of all ages by increasing the level of physical activity."

Chairman

Josey H. Templeton Ed.D.

Editor

Tracy Peach, M.S.

ACSM Publishes a Statement on Intervention Strategies for Weight Loss

The American College of Sports Medicine (ACSM) has published recommended strategies that should be incorporated into programs targeting weight loss and the prevention of weight regain in adults. The following is a summary of the ACSM's recommended strategies:

1. Individuals with a body mass index (BMI) $> 25 \text{ kg} \cdot \text{m}^{-2}$ should consider reducing their body weight, especially if they have excessive abdominal adiposity. Individuals with a BMI $> 30 \text{ kg} \cdot \text{m}^{-2}$ should consider weight loss treatment.

2. Overweight and obese individuals should reduce their body weight by at least 5-10% and should maintain this weight loss long-term. This amount of weight reduction is associated with improvements in risk factors for chronic diseases associated with obesity.

3. Individuals should try to achieve long-term weight loss maintenance and prevent weight regain. The definition of weight gain or regain is maintaining a body weight that is within 5 pounds of current body weight.

4. Weight loss programs should focus upon changing both eating and exercise behaviors as they have been associated with long-term weight loss. Behavioral modification strategies should accompany the efforts to modify these behaviors.

5. Overweight and obese individuals should

reduce their caloric intake by 500 to 1000 kcal/day and should consume no more than 30% of their daily calories from fat. In addition, an individual daily energy intake to avoid weight regain should be calculated once initial weight loss has occurred.

6. Overweight and obese individuals should accumulate at least 150 minutes of moderate intensity physical activity per week. For long-term weight loss, individuals should progress to higher amounts of activity such as 200-300 minutes per week or $> 2,000$ kcal per week of leisure-time activity.

7. Resistance training should also be included as part of the physical activity routine for overweight and obese individuals who are trying to lose weight. Resistance training should center on improving muscular strength and endurance.

8. Pharmacotherapy should only be used for weight loss in those individuals with a BMI $> 30 \text{ kg} \cdot \text{m}^{-2}$ or with a BMI $> 27 \text{ kg} \cdot \text{m}^{-2}$ in the presence of comorbidities. When used, pharmacotherapy should be accompanied by strong behavioral intervention focusing on changing eating and exercise behaviors.

ACSM Position Stand on the Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. 2001. *Medicine and Science in Sports and Exercise*, 33(12), 2145-2156.

Annual Physical Fitness Awards Presented

The Governor's Council presented its annual awards to honor outstanding leaders in physical fitness during the annual Physical Activity Conference held in April. Awards were given to an individual, worksite, school, faith-based organization, media personality, and community for significant efforts in promoting physical activity in the state. The Council is pleased to recognize the following:

Individual Award Winner:
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Denise Bellamy of North Charleston
Joy Holman of Lexington
Jim Olsen of Fort Jackson

Worksite Award Winner:
Worksite Honorable Mention:

Blue Cross Blue Shield of SC
The Fort Jackson RU FITT Program

School Award Winner:
School Honorable Mention:

Pineview Elementary School, West Columbia
North Springs Elementary School, Columbia

Faith-Based Award Winner:
Faith-Based Honorable Mention:
Faith-Based Honorable Mention:

Foster's Chapel Baptist Church, Spartanburg
Promised Land Ministries, Spartanburg
First Baptist Church of Columbia

Media Award Winner:
Media Honorable Mention:

Ms. Dawn Mercer, Columbia
Rob Dewig, Bluffton

Community Award Winner:
Community Honorable Mention:
Community Honorable Mention:
Community Honorable Mention:
Community Honorable Mention:

HeartWise, Spartanburg
Health Directions, West Columbia
The Town of Bluffton
McLeod Health and Fitness Center, Florence
The Southland Park Neighborhood Association, Rock Hill

2002 Walk to School Day: Mini-Grant Recipients

Walk to School Day will be held on October 2, 2002. Below is a list of schools that were awarded Walk to School Day mini-grants by the Governor's Council on Physical Fitness and the Coalition for Promoting Physical Activity. Congratulations to the winners!

A.C. Moore Elementary, Columbia
 Alston Middle School, Summerville
 Belle Hall Elementary, Mt. Pleasant
 Blaney Elementary, Elgin
 Bookman Road Elementary, Elgin
 Branchville High, Branchville
 CC. Pinckey Elementary
 Cheraw Intermediate, Cheraw
 Congaree Elementary, West Columbia
 Crestview Elementary, Greer
 East Elementary, Dillon
 Edward E. Taylor Elementary, Columbia
 Forest Heights Elementary, Columbia
 Foster Park Elementary, Union
 Gilbert Elementary, Leesville
 Griggs Road, Clover
 Guinyard Elementary, St. Matthews
 H.E. Corley, Irmo
 High Hills Elementary, Sumter

Kingstree Elementary, Kingstree
 Lockett Elementary, Branchville
 Mauldin Elementary, Mauldin
 Mellichamp Elementary, Orangeburg
 Nevitt Forest Elementary, Anderson
 North Springs Elementary, Columbia
 Olanta Elementary, Olanta
 Pee Dee Community Action Agency Head Start Dillon County
 Pee Dee Community Action Agency Head Start Florence
 Pee Dee Community Action Agency Head Start Marion County
 Pineview Elementary, West Columbia
 Rebound Alternative, Rock Hill
 Ridgeland Elementary, Ridgeland
 Saluda Elementary, Saluda
 Sheridan Elementary, Orangeburg
 Simpsonville Elementary, Simpsonville

Check out the current Council Members!

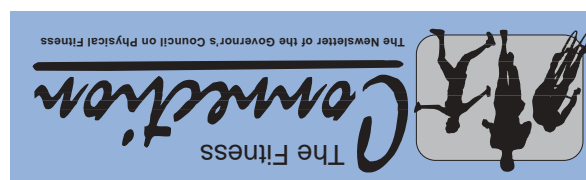
Robert B. Beavers, Ph.D.
 Selwyn Blake
 Lauren T. Burns
 Ophie Casey
 Tom Chinn
 Lori Creech
 C. Stewart Darby
 Tami Dennis
 Lynn Hammond

Robert E. Hampton
 Andrew Lewis, Ph.D.
 Angus McBryde
 Russell Pate, Ph.D.
 Bill Robinson
 Dennis Shepard
 Josey Templeton, Ed.D.
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